

AMAIZO

COOK BOOK

AMAIZO
CORN
OIL

AMAIZO
CORN
STARCH



PERFECT
CORN
FOODS
for
SALADS
AND
COOKING

AMERICAN MAIZE-PRODUCTS CO.
NEW YORK CHICAGO



The American Indian

did not realize, as he cultivated his maize, that one day corn would become the food of every nation.

He could not imagine the perfection of the processes and research that have made the golden corn kernels yield their most valuable element, oil, to the makers of Amaizo.

**AMAIZO Oil is
wholly vegetable.**

It is so pure and wholesome that physicians are recommending it to those who are under-nourished. A tablespoonful taken three times a day for a month will improve your health.

AMAIZO OIL

*In the Can with the Hygienic Top
Collects No Dust — No Rust*

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If you will send us the names and addresses of friends who you think would like to have the New **AMAIZO** Cook Book, we will mail them a copy *free of charge*.

Write with lead pencil if handier and send this slip to the **American Maize-Products Co., 111 West Monroe St., Chicago, Ill.** Thank you for the courtesy.

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FOREWORD

This revised and enlarged edition of the Amaizo Cook Book contains many new recipes for the use of Amaizo Oil, and also recipes for Amaizo Corn Starch, the new Amaizo product. These recipes embrace, however, only a few of the many ways in which Amaizo Oil and Amaizo Corn Starch may be used.

Every recipe in this book has been tested many times, and all of them have been found most excellent, practical and economical.

Included with the recipes are general directions which should cover the preparation of any foods in which shortening is used.

You will find the Temperature Table to be of great assistance for deep Amaizo frying; for baking and for sugar syrups in your candy making.

In recipes requiring a leavening agent, we suggest Royal Baking Powder because we believe that best results in cooking are always obtained when every ingredient used is of the highest quality.

*All Recipes in this Book Have Been Carefully
and Thoroughly Tested*

GENERAL DIRECTIONS

Use level measurements for all materials.

For accurate cooking it is always best to have standard measuring cups, divided into halves, quarters and thirds, good oven thermometer and a fat or syrup thermometer.

If you have no thermometer you will find simple and practical temperature tests for baking, boiling and frying given in the table on following page and also in the recipes.

To make level measurements, put as much as possible of the material to be measured into spoon or cup and scrape off excess with back of knife.

To measure $\frac{1}{2}$ spoon first measure level spoon, then divide with knife in middle lengthwise.

To measure $\frac{1}{4}$ spoon take one level spoon; divide in half as above; then divide across the middle of spoon.

TABLE OF WEIGHTS AND MEASURES

16 tablespoons	Amazo Oil = 1 cup
1 saltspoon	= $\frac{1}{4}$ teaspoon
3 teaspoons	= 1 tablespoon
16 tablespoons	= 1 cup
2 cups	= 1 pint
2 pints	= 1 quart
4 cups	= 1 quart
2 cups	granulated sugar = 1 pound
$3\frac{1}{2}$ cups	confectioner's sugar = 1 pound
$2\frac{2}{3}$ cups	powdered sugar = 1 pound
4 cups	flour = 1 pound
2 cups	butter = 1 pound
2 tablespoons	butter = 1 ounce
2 tablespoons	liquid = 1 ounce
$3\frac{1}{2}$ tablespoons	Amazo Corn Starch = 1 ounce
4 tablespoons	flour = 1 ounce
1 square	unsweetened chocolate = 1 ounce

TEMPERATURE TABLE

FOR DEEP AMAIZO FRYING

If you have no thermometer use bread test—temperature is correct when a small piece of bread dropped into hot Amaizo browns in time as specified below for each food:

Food	Degrees	Degrees	Bread Test
	Fahrenheit	Centigrade	
Codfish Balls	385°	196°	40
Smelts and other fish.....	375°	191°	60
Oysters	390°	199°	30
Croquettes	385°	196°	40
French Fried Potatoes.....	395°	202°	20
Fritters	375°	191°	60
Doughnuts, Crullers	375°-385°	191°-196°	60

FOR BAKING

If you have no thermometer use paper test—oven is correct temperature when piece of glazed paper browns in time as specified below for each food:

Food	Time Minutes	Degrees	Degrees	Paper Test
		Fahrenheit	Centigrade	
Yeast Bread	60	*425°-350°	218°-177°	2
Parker House Rolls....	15-20	425°	218°	2
Biscuits, Short Cakes...	10-20	450°-475°	232°-249°	1½
Muffins	20-25	400°	204°	2
Cup Cakes, Layer Cake.	15-25	†375°-400°	191°-204°	2
Loaf Cake	35-60	325°-425°	162°-218°	2½
Pie	30-45	*425°-375°	218°-191°	1½
Pastry Shells	15	450°-500°	232°-260°	1
Cookies	7-25	320°-450°	160°-232°	1
Puddings	20-60	300°-350°	149°-177°	2½

SUGAR SYRUPS

If you have no thermometer use cold water test—boil syrup until it reaches stage indicated below—test by dropping small amount of syrup into cold water.

Candy	Degrees	Degrees	Cold Water
	Fahrenheit	Centigrade	
Fudge	238°	114°	Soft Ball Stage
Fondant	234°	112°	Soft Ball Stage
Caramels	244°	117°	Hard Ball Stage
Penuche	238°	114°	Soft Ball Stage
Glacéd Nuts	310°	154°	Crack Ball Stage
Peanut Brittle	348°	176°	Caramel Stage

*Reducing temperature last half of baking.

†Depending upon type of cake.

BREADS, BISCUITS AND MUFFINS

AMAIZO OIL can be used most satisfactorily in breads, biscuits, rolls, muffins and other quick breads. When using it in biscuits and rolls add to the dry ingredients and mix it in like any solid fat, either mashing in with a fork or cutting in with a knife. Both methods are satisfactory.

Amaizo Oil is a great time saver, as it is all ready for use, while solid fats have to be creamed or melted before adding. It is also more economical than solid fats for it is a liquid and thus avoids the waste in melting and measuring.

Amaizo Oil contains no salt, so if used instead of salted shortening increase the salt in proportion of one teaspoon salt to each cup of Amaizo Oil used.

Following are a few delicious recipes but you can take any of your old favorites using the same amount of Amaizo Oil as butter, lard or other shortening called for.

Bread

2 cups boiling water
1 tablespoon sugar
1½ tablespoons salt
½ yeast cake

¾ cup lukewarm water
6 cups sifted flour
2 tablespoons Amaizo Oil

To 2 cups boiling water add the sugar and salt. When lukewarm add the yeast which has been softened in ¾ cup lukewarm water. Add to this 3 cups sifted flour and beat until light and full of bubbles. Cover and set in a warm place for about 1½ hours. Add Amaizo Oil to this sponge, then remaining flour to make soft dough. Turn out on floured board and knead for about 10 minutes in order to distribute the yeast well. Cover and allow to rise in a warm place over night or until double in bulk. Mold lightly into two loaves; brush top of each with Amaizo Oil; put into loaf pans brushed well with Amaizo Oil and allow to rise until twice the size. Brush with Amaizo Oil. Bake in hot oven (425° F.) for about one hour, reducing the heat the latter part of the baking. Makes 2 loaves.

Boston Brown Bread

1 cup corn meal
1 cup graham meal
1 cup rye meal
2 cups sour milk

1 cup dark molasses
2 teaspoons salt
2 tablespoons Amaizo Oil
2 teaspoons soda

Stir well together all ingredients but the soda and allow to stand for about fifteen or twenty minutes for meal to swell. Add soda and beat well to remove all lumps. Brush mold with Amaizo Oil and fill about ¾ full. Cover closely and steam 2½ hours. Remove covers and put into oven to bake about ½ hour. Makes 4 small loaves.

Corn Bread

- | | |
|---------------------------------|------------------------------------|
| 1 cup corn meal | 1 to 1½ cups milk depending on the |
| 1¼ cups flour | corn meal |
| 4 teaspoons Royal Baking Powder | 2½ tablespoons Amaizo Oil |
| 3 tablespoons sugar | 1 egg |
| 2 teaspoons salt | |

Sift dry ingredients into bowl; add milk, Amaizo Oil, and beaten egg; beat well and pour into shallow pan brushed with Amaizo Oil. Bake in hot oven (425° to 450° F.) about 25 minutes. Makes eight 2½-inch squares.

Graham Bread

- | | |
|---------------------------------|----------------------|
| ¼ cup molasses | ¼ yeast cake |
| 1 tablespoon salt | ¼ cup lukewarm water |
| 2 cups hot liquid (milk or milk | 3 cups flour |
| and water) | 3 cups graham flour |

Add molasses and salt to liquid; cool and when lukewarm add yeast which has been softened in ¼ cup lukewarm water. Add flours and beat well. Cover and allow to rise over night or until double in bulk. Beat again and turn into bread pans brushed with Amaizo Oil having pans one-half full; allow to rise but not quite double its bulk. Brush with Amaizo Oil and bake about one hour in hot oven (425° F.). Reduce the heat the last part of baking and brush again with Amaizo Oil just before taking from the oven. Makes 2 loaves.

Amaizo Health Bread

- | | |
|-----------------------------------|-------------------------|
| 4 cups wholewheat flour | 2 tablespoons honey |
| 1 teaspoon salt | 1 tablespoon Amaizo Oil |
| 2 tablespoons Royal Baking Powder | 1 pint milk |
| 2 eggs | |

Sift flour, salt and baking powder together; add beaten eggs, honey and Amaizo Oil to milk and add to dry ingredients, mixing thoroughly. Bake in loaf pan brushed with Amaizo Oil in moderate oven (375° F.) for about 1 hour. If desired, 1 cup raisins can be added to dry ingredients. Makes 1 large or 2 small loaves.

Coffee Cake

- | | |
|---------------------|---------------------------------|
| 2 cups flour | 4 teaspoons Royal Baking Powder |
| 1 teaspoon salt | 3 tablespoons Amaizo Oil |
| 3 tablespoons sugar | 1 cup milk |

Sift all dry ingredients together; mix in Amaizo Oil and enough milk to make very stiff batter. Spread batter about one-half inch thick in shallow pan brushed well with Amaizo Oil. Spread with the following mixture:

- | | |
|-----------------------|--------------------------|
| 4 tablespoons flour | 6 tablespoons sugar |
| 1 tablespoon cinnamon | 2 tablespoons Amaizo Oil |

Mix all ingredients well together and spread thickly over the top of dough as instructed above. Bake in moderate oven (350° F.) for 30 minutes. Makes 6 large squares.

Quick Luncheon Rolls

- | | |
|---------------------------------|--------------------------|
| 4 cups flour | 2 tablespoons Amaizo Oil |
| 2 teaspoons salt | 1½ cups milk |
| 6 teaspoons Royal Baking Powder | |

Sift together flour, salt and baking powder; float Amaizo Oil on milk and add, mixing with spoon to smooth dough easy to handle on floured board. Knead quickly a few times to impart smoothness; divide into small pieces; form each into short, rather thick tapering rolls; place on pans brushed with Amaizo Oil and allow to stand in warm place 15 to 20 minutes; brush with Amaizo Oil. Bake in hot oven (450° to 475° F.). When almost baked brush again with Amaizo Oil. Bake 10 minutes longer and serve hot. Makes 18 rolls.

Biscuits

- | | |
|---------------------------------|--|
| 2 cups flour | 3 tablespoons Amaizo Oil |
| 4 teaspoons Royal Baking Powder | ¾ cup milk or half milk and half water |
| 1 teaspoon salt | |

Sift together flour, baking powder and salt; add Amaizo Oil and mix in lightly with steel fork; add liquid slowly; roll or pat out on floured board to about one-half inch in thickness; handling as little as possible. Cut with biscuit cutter and bake on pan brushed with Amaizo Oil in hot oven (475° F.) 10 to 15 minutes. Makes 12 biscuits.

Muffins

- | | |
|---------------------------------|--------------------------|
| 2 cups flour | 1 cup milk |
| 3 teaspoons Royal Baking Powder | 2 eggs |
| 1 tablespoon sugar | 2 tablespoons Amaizo Oil |
| 1 teaspoon salt | |

Sift together flour, baking powder, sugar and salt; add milk, well-beaten eggs and Amaizo Oil; mix well. Half fill muffin tins brushed well with Amaizo Oil and bake in hot oven (400° F.) 20 to 25 minutes. Makes 12 muffins.

Popovers

- | | |
|--------------------------------|--------------------------|
| 2 cups flour | 2 eggs |
| ½ teaspoon Royal Baking Powder | 2 cups milk |
| 1 teaspoon salt | 2 tablespoons Amaizo Oil |

Sift together flour, baking powder and salt. Make a well in flour, break eggs into well; add milk and Amaizo Oil and stir until smooth. Pour into gem pans brushed with Amaizo Oil and put into slow oven (350° F.) for 20 minutes; increase heat to 450° for 10 minutes; reduce heat and allow to dry out for about 10 minutes. Makes 12 popovers.

Cinnamon Buns

1¼ cups milk
1 yeast cake
¼ cup sugar
2 teaspoons salt
flour—about 5 cups

1 egg
¼ cup Amaizo Oil
½ cup brown sugar
4 teaspoons cinnamon
6 tablespoons seeded raisins

Scald the milk. Allow yeast cake to stand in ¼ cup of milk which has been allowed to cool to lukewarm temperature. Add the sugar and salt to remainder of milk and when lukewarm add the yeast mixture. Add 1¼ cups sifted flour. Beat well; cover and allow to rise until light and full of bubbles. Add beaten egg, Amaizo Oil and sufficient more flour to knead. Knead well on floured board. Then put into bowl; cover and allow to rise until double in bulk.

Roll out dough ½ inch thick; brush with Amaizo Oil; sprinkle with brown sugar, cinnamon and raisins. Roll up as for jelly roll and cut into one-inch pieces. Have prepared 5 tablespoons butter creamed well with 5 tablespoons brown sugar. Spread this thickly over bottom and sides of iron baking pan or iron skillet. Place pieces rather close together with cut sides down on pan. Cover and allow to rise until double in size. Bake in a hot oven (400° to 425° F.) for about 25 minutes. Remove from pan at once; invert and serve. Makes 12 large or 18 small buns.

Parker House Rolls

1 yeast cake
1¼ cups milk, scalded and cooled
¾ cup flour
2 teaspoons salt

1 tablespoon sugar
¼ cup Amaizo Oil
1 egg

Soften the yeast in ¼ cup milk after it has been cooled to lukewarm temperature; then add remainder of milk to 2 cups flour; when cool add the yeast mixture and beat until smooth; cover and allow to rise until very light and bubbles appear—about 40 minutes to 1 hour. Then add all at once salt, sugar, Amaizo Oil and unbeaten egg and mix until smooth batter. Add the remaining 1¾ cups flour and turn out on floured board; knead well; return to bowl and cover and allow to rise in warm place.

When double in bulk turn out on slightly floured board; roll out to ½ inch in thickness; cut with biscuit cutter; crease across top of each a little less than half; brush small side with Amaizo Oil; fold large side well over the small. Put into pan brushed with Amaizo Oil; allow to rise in a warm place until double in size and bake in hot oven (400° to 425° F.) for about 20 minutes. These rolls will take from 5 to 6 hours and the recipe makes 14 large or 24 small rolls.

Graham Gems

- | | |
|---------------------------------|--------------------------|
| 1 cup flour | 1 cup graham flour |
| 1 teaspoon salt | 1 cup milk |
| 4 teaspoons Royal Baking Powder | 1 egg |
| 2 tablespoons sugar | 3 tablespoons Amaizo Oil |

Sift flour, salt, baking powder and sugar together. Mix with graham flour; add milk, beaten egg and Amaizo Oil. Bake in gem pans brushed with Amaizo Oil in hot oven (400° F.) about 25 minutes. Makes 12 gems.

GRIDDLE CAKES AND WAFFLES

Brush griddles and waffle irons with Amaizo Oil using a clean piece of cheesecloth.

You will find Amaizo Oil produces much less smoke and odor and is very much easier to use than a solid fat.

Griddle Cakes

- | | |
|---------------------------------|-------------------------|
| 1¾ cups flour | 2 eggs |
| ¾ teaspoon salt | 1½ cups milk |
| 3 teaspoons Royal Baking Powder | 1 tablespoon Amaizo Oil |

Sift dry ingredients into bowl; add beaten eggs, milk and Amaizo Oil and mix well. Bake on hot griddle slightly brushed with Amaizo Oil. Turn cakes only once; brown other side and serve immediately on hot plate with butter and syrup. Makes 24 griddle cakes.

Buckwheat Cakes

- | | |
|---------------------------------|-------------------------|
| 1½ cups buckwheat flour | 1½ teaspoons salt |
| ½ cup flour | 2 cups milk |
| 5 teaspoons Royal Baking Powder | 1 tablespoon Amaizo Oil |

Sift flours, baking powder and salt together; add milk and Amaizo Oil. Beat well and bake on hot griddle slightly brushed with Amaizo Oil turning cakes only once. Makes 24 buckwheat cakes.

Waffles

- | | |
|---------------------------------|--------------------------|
| 2 cups flour | 1½ cups milk |
| 4 teaspoons Royal Baking Powder | 2 eggs |
| 1 teaspoon salt | 2 tablespoons Amaizo Oil |

Sift flour, baking powder and salt together; add milk to egg yolks, and add to dry ingredients; add Amaizo Oil; mix in beaten egg whites. Bake in very hot waffle iron, well brushed with Amaizo Oil, until waffles brown on one side; turn iron and brown other side. Serve immediately on hot plate with butter and maple syrup. If aluminum waffle iron is used greasing is unnecessary. Makes 6 waffles.

FRYING

Amaizo Oil is most successfully used for all kinds of frying—in shallow pan or sautéing, in deep kettle or saucepan. You will find, however, that most foods are more digestible and more palatable if fried in deep Amaizo Oil.

Amaizo Oil is excellent for this purpose as it heats quickly, is easy to keep at uniform temperature and does not fill the house with disagreeable smoke and odors. Amaizo Oil does not absorb odors or flavors; so you can safely fry delicately flavored foods in it after frying fish, for example.

Always use plenty of Amaizo Oil—enough to completely cover articles to be fried.

Have Amaizo Oil at the right temperature before attempting to fry any food.

After food is cooked drain well in wire basket, then drain on unglazed paper.

After all food is fried cool Amaizo Oil, strain through clean cheesecloth and reserve for further use.

If desired or necessary Amaizo Oil can be used as shortening for breads and biscuits after it has been used again and again for frying.

Doughnuts (Without Shortening)

2 eggs
1 cup sugar
 $\frac{7}{8}$ cup milk
3 cups flour

4 teaspoons Royal Baking Powder
1 teaspoon salt
 $\frac{1}{2}$ teaspoon nutmeg

Beat eggs until light; add sugar and milk and mix well. Add this liquid to the dry ingredients which have been sifted well together. Roll out $\frac{1}{4}$ inch thick on slightly floured board; cut with doughnut cutter; fry in deep Amaizo Oil hot enough to brown a piece of bread in 60 seconds (375° to 385° F.). Drain well on unglazed paper. Sprinkle with powdered sugar just before serving. Makes 2 dozen doughnuts with centers.

Doughnuts (With Shortening)

1 egg
 $1\frac{1}{2}$ tablespoons Amaizo Oil
 $\frac{3}{4}$ cup milk
 $\frac{3}{4}$ cup sugar

$3\frac{1}{2}$ cups flour
3 teaspoons Royal Baking Powder
 $\frac{1}{2}$ teaspoon nutmeg
1 teaspoon salt

Beat egg well; add Amaizo Oil and milk. Sift dry ingredients together and add to make soft dough. Roll out $\frac{1}{4}$ inch thick on slightly floured board; cut with doughnut cutter; fry in deep Amaizo Oil hot enough to brown a piece of bread in 60 seconds (375° to 385° F.). Drain well on unglazed paper and sprinkle with powdered sugar just before serving. Makes 2 dozen doughnuts with centers.

All measurements in above recipes are level.

Chocolate Doughnuts

2 tablespoons Amaizo Oil
 $\frac{2}{3}$ cup sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon nutmeg
 $\frac{1}{2}$ teaspoon vanilla extract

2 oz. (2 squares) melted chocolate
or 6 tablespoons cocoa
1 cup milk
3 cups flour
3 teaspoons Royal Baking Powder

Mix the Amaizo Oil and sugar together; add the salt, nutmeg, vanilla and melted chocolate (cooled); then add the milk. Add the flour and baking powder which have been sifted together; roll out on slightly floured board $\frac{1}{4}$ inch thick. Cut out and fry to a light brown in deep Amaizo Oil hot enough to brown a piece of bread in 60 seconds (375° F.). Drain well and sprinkle with powdered sugar just before serving. Makes 2 dozen doughnuts.

Drop Doughnuts

1 egg
 $1\frac{1}{2}$ tablespoons Amaizo Oil
 $\frac{3}{4}$ cup milk
 $\frac{3}{4}$ cup sugar

3 cups flour
3 teaspoons Royal Baking Powder
1 teaspoon cinnamon
1 teaspoon salt

Beat egg well, add Amaizo Oil and milk. Sift dry ingredients together and add; if necessary add flour to make soft dough. Heat deep Amaizo Oil to 375° to 385° F. Drop very small amounts of dough from teaspoon into hot Amaizo Oil and fry until nicely browned. Drain on unglazed paper and sprinkle with powdered sugar. Makes 3 dozen doughnuts.

Crullers

1 cup sugar
2 eggs
4 tablespoons Amaizo Oil
3 cups flour
 $\frac{1}{4}$ teaspoon nutmeg

$\frac{1}{4}$ teaspoon mace
1 teaspoon salt
 $3\frac{1}{2}$ teaspoons Royal Baking Powder
 $\frac{3}{4}$ cup milk

Add sugar gradually to beaten eggs; add Amaizo Oil and one-half the flour, nutmeg, mace, salt and baking powder which have been sifted together and mix well; add milk and remainder of dry ingredients to make soft dough. Roll out on floured board to about $\frac{1}{2}$ inch thick and cut into strips about 4 inches long and $\frac{1}{2}$ inch wide; roll in hands and twist each strip bringing ends together to form cruller. Fry in deep Amaizo Oil hot enough to brown a piece of bread in 60 seconds (375° to 385° F.). Drain and roll in powdered sugar just before serving. Makes 2 dozen crullers.

Fried Fish

Filet of sole, smelts, oysters and other fish are better and more digestible fried in deep Amaizo Oil.

Wash fish; cut large fish into pieces convenient for frying. Smelts and oysters are fried whole. Dip in batter or roll in flour, then egg, and cover with bread crumbs. Fry in deep Amaizo Oil hot enough to brown a piece of bread in 60 seconds (375° F.) until nice golden brown and cooked through. Oysters take but a few minutes and are sufficiently cooked when light brown.

Fritter Batter

- | | |
|----------------------------------|-------------------------|
| 1 cup flour | 1 egg |
| 1½ teaspoons Royal Baking Powder | ½ cup milk |
| ½ teaspoon salt | 1 tablespoon Amaizo Oil |

Sift dry ingredients together; add beaten egg, milk and Amaizo Oil; beat well until smooth.

Banana Fritters

- | | |
|---------------------|--------------------------|
| 3 bananas | 1 tablespoon lemon juice |
| 2 tablespoons sugar | |

Force bananas through sieve; add sugar and lemon juice and add to fritter batter; beat thoroughly. Drop by spoonfuls into deep Amaizo Oil hot enough to brown a piece of bread in 60 seconds (375° F.). Drain on unglazed paper and sprinkle with powdered sugar. Serve with few drops of lemon juice or lemon sauce. Makes 18 fritters.

Codfish Balls

- | | |
|--|-------------------------|
| 1 cup salt codfish | ¼ teaspoon pepper |
| 2 cups potatoes, cut into cubes
or small pieces | ½ tablespoon Amaizo Oil |
| | 1 egg |

Pick over, wash and shred fish. Put potatoes into deep saucepan; cover with cold water; add fish and boil until potatoes are soft. Take off fire; drain well; beat with fork until light and all lumps are out; add seasoning, Amaizo Oil and slightly beaten egg. Drop by spoonfuls into deep Amaizo Oil hot enough to brown a piece of bread in 40 seconds (385° F.) and fry until golden brown. Drain on paper and serve immediately. Makes 12 codfish balls.

Clam Fritters

- | | |
|---------------------------------|--------------------------|
| 1½ cups flour | ½ cup milk or clam juice |
| 2 teaspoons Royal Baking Powder | 1 egg |
| 1 teaspoon salt | 2 teaspoons grated onion |
| ¼ teaspoon pepper | 2 teaspoons Amaizo Oil |
| ¼ teaspoon paprika | 10 clams |

Sift together dry ingredients, add liquid, beaten egg, onion and Amaizo Oil. Rinse clams in cold water; put through meat chopper and add to batter. Take one spoonful of batter for each fritter and fry in deep Amaizo Oil hot enough to brown a piece of bread in 60 seconds (375° F.). Drain on unglazed paper and serve immediately. Makes 16 fritters.

Apple Fritters

4 large apples
2 tablespoons powdered sugar

1 tablespoon lemon juice

Peel and core apples and cut into slices or small pieces; add sugar and lemon juice. Add to fritter batter and fry by spoonfuls in deep Amaizo Oil hot enough to brown a piece of bread in 60 seconds (375° F.). Fry a light brown and drain on unglazed paper. Sprinkle with cinnamon and powdered sugar and serve immediately.

Pineapple and such fruit should be drained and chopped and added to batter: Makes 18 fritters.

Corn Fritters

$\frac{1}{2}$ cup milk
2 cups cooked corn cut from
the cob
2 cups flour
 $1\frac{1}{2}$ teaspoons salt

$\frac{1}{3}$ teaspoon pepper
3 teaspoons Royal Baking Powder
1 tablespoon Amaizo Oil
2 eggs

Add milk to corn; add flour sifted with salt, pepper and baking powder; add Amaizo Oil and well-beaten eggs. Beat all together well and fry by spoonfuls in Amaizo Oil hot enough to brown a piece of bread in 60 seconds (375° F.). Drain well on unglazed paper and serve immediately. Makes 18 fritters.

French Fried Potatoes

Select small potatoes. Pare and cut lengthwise in long narrow strips. Allow to stand a few minutes in cold water. Drain and dry well. Fry a few at a time in deep Amaizo Oil hot enough to brown a piece of bread in 20 seconds (395° F.). Fry until light golden brown and cooked through (about 7 minutes). Drain on unglazed paper and salt just before serving.

Sweet potatoes can be fried in the same way.

Chicken Croquettes

$\frac{1}{2}$ tablespoon onion juice
 $\frac{1}{2}$ tablespoon chopped parsley
1 teaspoon lemon juice
 $\frac{1}{2}$ teaspoon salt

few grains pepper
 $2\frac{1}{2}$ cups chopped chicken
1 cup thick white sauce

Mix seasonings with chicken; add thick white sauce (page 31) until mixture will hold together. Form into small croquettes and set aside to cool. Beat one egg with 2 tablespoons milk. Roll croquettes in dry bread crumbs, then in egg mixture and then in the dry bread crumbs, covering well. Fry in deep Amaizo Oil hot enough to brown a piece of bread in 40 seconds (385° F.). Drain well on unglazed paper and serve garnished with parsley on hot platter. Makes 14 croquettes.

Rice Croquettes

- | | |
|-------------------------|-------------------------------|
| 2 cups cold cooked rice | 1 teaspoon lemon juice |
| 3 tablespoons milk | 1 teaspoon powdered sugar |
| 1½ teaspoons salt | 2 tablespoons chopped parsley |
| ½ teaspoon white pepper | 1½ tablespoons Amaizo Oil |
| few grains cayenne | 1 egg |

Heat the rice, milk and seasonings in double boiler. Add Amaizo Oil and beaten egg. Cook until egg thickens. Spread mixture on plate to cool then shape into small croquettes. Roll in bread crumbs, then dip in egg beaten with 2 tablespoons milk and roll in bread crumbs again until well covered. Fry in deep Amaizo Oil hot enough to brown a piece of bread in 40 seconds (385° F.). When a nice golden brown drain on unglazed paper and serve garnished with parsley on hot dish. Makes 12 croquettes.

Nut and Potato Croquettes

- | | |
|---------------------------|--------------------------------|
| 2 cups hot riced potatoes | few grains cayenne |
| ¾ cup milk | yolk of 1 egg |
| 1 teaspoon salt | ½ cup pecan nut meats, chopped |
| ½ teaspoon pepper | not too fine |

Mix all ingredients with fork until light. Shape into small croquettes. Roll in bread crumbs. Dip in egg which has been mixed with a little cold water. Roll in bread crumbs again and fry a golden brown in deep Amaizo Oil hot enough to brown a piece of bread in 40 seconds (385° F.). Drain on unglazed paper and serve. Makes 12 croquettes.

Puffy Omelet

- | | |
|-----------------------------------|----------------------------------|
| 4 eggs | 1 teaspoon Royal Baking Powder |
| ¾ teaspoon salt | ½ cup milk or half milk and half |
| ⅛ teaspoon pepper | water |
| 1½ tablespoons Amaizo Corn Starch | |

Separate eggs; beat salt, pepper, Amaizo Corn Starch, baking powder and milk with yolks of eggs. Beat whites until light though not dry and mix in well with yolks. Put into oiled hot frying pan and cook slowly until puffed up. Dry out in oven; fold over in half and serve immediately on hot platter.

Fried Hominy

Put hominy left over from breakfast cereal into flat dish; smooth top. After it becomes cold and stiff, cut into small slices about ¾ inch thick. Roll each slice in flour to cover all sides, then dip into egg which has been beaten with little cold water (tablespoon water to each egg). Roll in flour again. Put in frying pan in which just enough Amaizo Oil has been heated to cover. Cook until golden brown on one side—turn and brown other side adding more Amaizo Oil as it is used up and to keep from sticking. Serve hot with butter and sugar or butter and syrup.

PASTRY

Either bread or pastry flour can be used for pastry. To make your own pastry flour, substitute 1 tablespoon Amaizo Corn Starch for 2 tablespoons flour in each cup of flour used.

Have all materials as cold as possible.

Handle paste as little and as lightly as possible.

For best results roll out paste; fold in 3 folds one way, then in 3 folds the other way; chill in ice box and allow to stand for about one-half hour; roll out again as above, then bake in very hot oven.

Before filling berry pies, brush paste over with white of egg or sprinkle lightly with a little flour. This keeps the juice from soaking into the paste.

Always cool fillings before adding to baked pie shells, as the hot filling is apt to soak into the crust and make it soggy.

AMAIZO Pastry

2 cups flour
1 teaspoon salt

1 teaspoon Royal Baking Powder

$6\frac{1}{2}$ tablespoons Amaizo Oil
 $\frac{1}{4}$ cup cold water

Sift flour, baking powder and salt. Mix Amaizo Oil with water and add slowly, mixing in lightly with a fork; add enough more water if necessary to just hold dough together. Handle paste as little and as lightly as possible. Divide into halves; roll out one part thin on floured board and use for bottom crust. (Prick in several places with a fork if baked without a filling.) Fill pie and roll out other half of paste for top. Cover pie loosely bringing edges of paste well over pan; press edges together; trim off paste; prick top with fork and bake in hot oven (450° F.), reducing temperature after 15 minutes. Time required depends upon filling. This recipe is sufficient for one double-crust medium sized pie with 2 to 4 small tarts.

Apple Pie

$1\frac{1}{2}$ cups flour
 $1\frac{1}{2}$ teaspoons Royal Baking Powder
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{3}$ cup Amaizo Oil

cold water
4 cups or 1 qt. sliced apples
6 tablespoons sugar
1 tablespoon butter

Sift together flour, baking powder and salt; mix Amaizo Oil with water and add slowly mixing in lightly with fork; add enough more water if necessary to just hold dough together. Roll out half on floured board. Line bottom of pie plate allowing paste to come over edge. Add apples which have been washed, pared and cut into small pieces; sprinkle with sugar and small pieces of butter; flavor with cinnamon or nutmeg. Roll out remainder of pastry and cover pie; fold lower paste over edge of top crust, pressing edges tightly together. Prick top and bake in moderate oven (400° F.) about 30 minutes. Makes 1 large pie.

Chocolate Cream Pie

- | | |
|--|--|
| 2 cups milk | 1 egg |
| $\frac{2}{3}$ cup sugar | $\frac{1}{2}$ teaspoon vanilla extract |
| 2 squares (2 oz.) unsweetened chocolate | $\frac{1}{4}$ teaspoon salt |
| | whipped cream |
| 2 $\frac{1}{2}$ tablespoons Amaizo Corn Starch | |

Scald milk, sugar and chocolate together in top of double boiler. When thoroughly mixed and dissolved add Amaizo Corn Starch which has been mixed with a little cold milk, stirring until smooth. Add beaten egg and cook until smooth and thick. Add vanilla and salt; cool and bake in one crust in moderate oven (375° F.) about 30 minutes. Cool and before serving spread thickly with sweetened whipped cream. Makes 1 pie.

Pumpkin Pie

- | | |
|--|-------------------------------|
| 1 $\frac{1}{2}$ cups stewed and strained pumpkin | $\frac{1}{2}$ teaspoon ginger |
| 1 $\frac{1}{2}$ cups milk | 1 teaspoon salt |
| $\frac{2}{3}$ cup brown or granulated sugar | 1 teaspoon cinnamon |
| 2 eggs | 1 tablespoon Amaizo Oil |

Mix pumpkin with milk, sugar, beaten eggs, ginger, salt and cinnamon; add Amaizo Oil and beat well together two minutes. Cool and bake in one crust in moderate oven (400° F.) for 15 minutes, then reduce heat and bake 45 minutes in moderate oven (375° F.). Makes 1 pie.

Fluffy Lemon Pie

- | | |
|---------------------------------|--------------------------------|
| $\frac{1}{3}$ cup Amaizo Oil | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup boiling water | 1 teaspoon Royal Baking Powder |
| 1 $\frac{1}{2}$ cups flour | |

Mix Amaizo Oil with boiling water. Sift flour, salt and baking powder together. Stir dry ingredients into liquid. Turn out on floured board and roll out to $\frac{1}{8}$ inch in thickness. Line pie plate; bake in hot oven (500° F.) 10 to 12 minutes and fill with the following mixture:

Filling

- | | |
|-----------------------------|--|
| 3 egg yolks | 3 tablespoons boiling water |
| $\frac{1}{2}$ cup sugar | 3 egg whites |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ teaspoon Royal Baking Powder |
| juice and rind of 1 lemon | |

Cook first five ingredients over boiling water until thick, stirring constantly. Beat egg whites stiff, then beat in baking powder and add to thickened mixture; pour into baked pastry shell and return to oven (400° F.) until puffed up and a delicate brown. Makes 1 pie.

Butterscotch Pie

- | | |
|----------------------------------|--|
| 3 egg yolks | $\frac{3}{8}$ teaspoon salt |
| 9 tablespoons brown sugar | 4 tablespoons butter |
| 4 tablespoons Amaizo Corn Starch | $1\frac{1}{2}$ teaspoons vanilla extract |
| 3 cups milk | |

Beat egg yolks with sugar; mix Amaizo Corn Starch with a little water to make a smooth paste; add to first mixture, then add milk and salt. Cook in double boiler until thick. Remove from fire; add butter and vanilla. Cool; add beaten whites of eggs, or use them for meringue on top. Pour into a baked crust. If meringue is used, spread on top and return to oven to brown. Otherwise spread sweetened whipped cream on top. Fills one 8 inch pie shell.

Lemon Meringue Pie

- | | |
|--|------------------------------|
| 1 cup flour | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons Amaizo Corn Starch | $\frac{1}{4}$ cup Amaizo Oil |
| $\frac{1}{2}$ teaspoon Royal Baking Powder | cold water |

Sift flour, Amaizo Corn Starch, baking powder and salt into bowl; add the Amaizo Oil and rub in lightly with the finger tips or mix in with a steel fork; add water about 3 tablespoons slowly until of right consistency to roll out. Roll out very thin on slightly floured board. Place very loosely over pie tin bringing the paste well over the edge of plate. Trim off ends and press edge down with a fork. Prick paste and bake in very hot oven (500° F.) until light brown. Fill with the following:

Filling

- | | |
|----------------------------------|-------------------------------|
| 3 eggs | 2 cups boiling water |
| 3 tablespoons Amaizo Corn Starch | 5-7 tablespoons lemon juice |
| 1 cup sugar | 2 teaspoons grated lemon rind |
| $\frac{1}{3}$ cup cold water | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons flour | |

Separate eggs, saving whites for meringue. Mix Amaizo Corn Starch, flour and sugar with cold water until smooth; mix in yolk of eggs, slightly beaten. Add slowly to boiling water. Cook 8 minutes in top of double boiler stirring constantly. Add butter. Remove from fire; add lemon juice, lemon rind and salt. Pour into baked crust.

Meringue

For the meringue beat the three remaining egg whites until very light; add 3 tablespoons sugar, a little at a time beating constantly and 1 teaspoon Royal Baking Powder; beat until thick. Spread thickly on top of pie; bake in moderate oven (325° F.) about 10 minutes or until light brown.

Berry Pie

- | | |
|-----------------------------------|-----------------------------|
| 3 cups blueberries, huckleberries | $\frac{1}{4}$ teaspoon salt |
| or blackberries | $\frac{2}{3}$ cup sugar |
| 1 teaspoon flour | |

Line pie plate with pastry allowing sufficient to come well over edge. Fill heaping full with berries; sprinkle with flour, salt and sugar; dot with small pieces of butter. Cover with top crust or strips of pastry across top. Fold lower paste over edge of top crust. Press edges together with fork. This keeps in the juice. Bake about 45 minutes in hot oven (425° F.).

Fruit Turnovers

- | | |
|--------------------------------|------------------------------|
| 1 cup flour | $\frac{1}{2}$ teaspoon salt |
| 1 teaspoon Royal Baking Powder | $\frac{1}{4}$ cup Amaizo Oil |
| cold water | |

Sift together flour, baking powder and salt; add Amaizo Oil and rub in very lightly with finger tips. Add cold water slowly using just enough to hold the dough together; roll out on slightly floured board about $\frac{1}{8}$ inch thick. Cut into 4 inch squares. Put tablespoon jam, stewed fruit, such as apricots, peaches or rhubarb drained, in center. Moisten slightly edges of paste. Fold paste over to form triangular tart or as desired. Press edges together with fork; prick tops. Bake in hot oven (500° F.) about 10 minutes. Makes 6 turnovers.

CAKE

For cake making Amaizo Oil is most economical and makes delicious, wholesome and satisfying cakes of which the following recipes are good examples.

You can substitute Amaizo Oil for shortening in any of your own cake recipes by using one-fourth less Amaizo Oil than the butter or butter substitutes called for and the same amount as when lard is called for.

Since Amaizo Oil contains no salt it is necessary to add salt to your cake recipe. Add it in the proportion of one teaspoon salt to each cup of Amaizo Oil.

In most recipes where whole eggs are used, beat whole eggs or yolks, add sugar, then Amaizo Oil. Where eggs are separated or just the whites are used, fold in the beaten whites last.

Either pastry or ordinary bread flour can be used in cake making but the former makes a fluffier and more delicate cake.

A very satisfactory pastry flour can be made from ordinary bread flour by substituting 1 tablespoon Amaizo Corn Starch for two tablespoons flour in each cup of flour used, sifting together well in order to thoroughly mix them.

Mix all cakes made with Amaizo Oil well but long beating is unnecessary.

The baking of all cakes is most important. You will find that better results are obtained by using a slightly higher temperature for baking cakes made with Amaizo Oil. Consult Temperature Table, page 2, when baking any cakes not included here.

All measurements in above recipes are level.

Plain Cake

- | | |
|----------------------------|---------------------------------|
| 1 egg | 3 tablespoons Amaizo Oil |
| 1 cup sugar | 2 cups flour |
| 1 cup milk | 3 teaspoons Royal Baking Powder |
| 1 teaspoon vanilla extract | $\frac{1}{2}$ teaspoon salt |

Beat egg well; gradually add the sugar and about one tablespoon of the milk; add flavoring and Amaizo Oil gradually, then half of the flour which has been sifted with the baking powder and salt, then remainder of the milk and remainder of the flour mixture. Mix well and bake in oiled loaf pan in moderate oven (375° F.) 35 to 45 minutes. Sprinkle top with powdered sugar or spread with any icing desired.

Amaizo White Loaf

- | | |
|------------------------------|---------------------------------|
| $\frac{3}{8}$ cup Amaizo Oil | $\frac{1}{2}$ teaspoon salt |
| 1 cup granulated sugar | 2 teaspoons Royal Baking Powder |
| $\frac{1}{2}$ cup cold water | whites of 3 eggs |
| 2 cups flour | 1 teaspoon almond extract |

Mix sugar gradually in with Amaizo Oil and beat until light; add water, a very small quantity at a time and beat constantly; add flavoring. Sift flour, baking powder and salt together twice. Add a little at a time, alternately, the dry ingredients then the egg whites which have been beaten until stiff. Bake in oiled and slightly floured loaf pan in moderate oven (375° F.) for about 25 minutes. Cover thickly with the following:

Sea Foam Icing

- | | |
|-------------------------|--|
| 1 cup brown sugar | white of one egg |
| $\frac{1}{3}$ cup water | $\frac{1}{2}$ teaspoon Royal Baking Powder |

Boil sugar and water without stirring until syrup spins a thread (240° F.) Add hot syrup slowly to beaten egg white, beating continually, preferably on platter with wire whip. Add baking powder. When icing foams, put on top and sides of cake.

Lightning Cake

- | | |
|------------------------------|---------------------------------|
| $\frac{1}{3}$ cup milk | 1 cup sugar |
| 2 eggs | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{3}$ cup Amaizo Oil | 2 cups flour |
| 1 teaspoon vanilla extract | 3 teaspoons Royal Baking Powder |

Put milk in bowl; add eggs, Amaizo Oil, sugar and vanilla; mix well. Sift flour, salt and baking powder together; add to the liquid ingredients; mix thoroughly. Spread about one inch thick on shallow pan, brushed with Amaizo Oil; sprinkle with granulated sugar mixed with cinnamon and chopped almonds; bake in moderate oven (375° F.) for about 15 minutes. When cool, cut into squares and serve for luncheon or afternoon tea. For variety one cup chopped nuts or fruit can be added to the dry ingredients.

Devil's Food

4 squares (4 oz.) unsweetened chocolate	$\frac{1}{4}$ cup sour milk
1 cup sugar	$1\frac{1}{4}$ cups flour
$\frac{1}{2}$ cup sweet milk	$\frac{1}{4}$ teaspoon salt
2 eggs	$\frac{1}{2}$ teaspoon soda
$\frac{1}{4}$ cup Amaizo Oil	$\frac{1}{2}$ teaspoon vanilla extract

Save white of one egg for icing. Melt chocolate in top of double boiler; add $\frac{1}{2}$ cup sugar mixing well, then add the sweet milk slowly; add yolk of one egg and cook stirring until mixture thickens; put aside to cool. Beat one egg well and add very slowly $\frac{1}{2}$ cup sugar, Amaizo Oil, sour milk and flour sifted with salt and soda; mix well and add chocolate mixture and vanilla. Bake in two oiled shallow cake pans in moderate oven (340° F.) for about 25 minutes. Put together with following boiled frosting:

Boiled Frosting

$1\frac{1}{2}$ cups granulated sugar	whites of 2 eggs
$\frac{3}{4}$ cup water	$\frac{1}{2}$ teaspoon vanilla extract

Boil sugar and water without stirring until syrup spins a thread (240° F.). Pour very slowly over stiffly beaten egg whites and beat until smooth. Add flavoring; mix well and spread between layers and on top of cake.

Pound Cake

5 eggs	$\frac{1}{2}$ cup milk
$1\frac{1}{3}$ cups sugar	$\frac{2}{3}$ cups pastry flour
1 teaspoon vanilla extract	2 teaspoons Royal Baking Powder
1 teaspoon lemon extract	$\frac{3}{4}$ teaspoon salt
$\frac{3}{4}$ cup Amaizo Oil	

Beat egg yolks until thick and pale yellow; add sugar very slowly, beating well between each addition. Add flavoring and Amaizo Oil gradually and beat vigorously; add milk a very small amount at a time beating well between each addition. Beat egg whites until light and add alternately a little at a time with the flour which has been sifted with the baking powder and salt two or three times. Stir mixture well until very light and fluffy, but do not beat. Oil loaf pan; line with paper; oil paper and fill two-thirds full with batter. Bake about one hour in moderate oven starting at 250° F. and increasing heat last part of baking to 325° F. Spread with the following frosting:

Ornamental Frosting

$1\frac{1}{2}$ cups granulated sugar	2 egg whites
$\frac{1}{2}$ cup water	1 teaspoon flavoring extract

Boil sugar and water without stirring until syrup spins a thread (240° F.); add very slowly to beaten egg whites; add flavoring and beat until smooth and stiff enough to spread. Put over boiling water, stirring continually until icing grates slightly on bottom of bowl. Spread on cake, saving a small portion of icing to ornament the edge. This can be forced through a pastry tube or through a cornucopia made from ordinary brown paper.

Caramel Ice Cream Cake

- | | |
|--------------------------------------|--|
| $\frac{1}{3}$ cup Amaizo Oil | $2\frac{1}{2}$ teaspoons Royal Baking Powder |
| 1 cup sugar | $\frac{1}{2}$ teaspoon salt |
| $\frac{2}{3}$ cup milk | 1 teaspoon vanilla extract |
| $1\frac{1}{3}$ cups flour | 3 egg whites |
| $\frac{1}{3}$ cup Amaizo Corn Starch | |

Add sugar slowly to Amaizo Oil mixing in well. Sift together flour, Amaizo Corn Starch, baking powder and salt. Add alternately with milk to first mixture. Add flavoring and stiffly beaten egg whites, mixing in carefully but thoroughly. Pour into 2 oiled and floured square or oblong cake tins. Bake in moderate oven (375° F.) about 20 to 25 minutes. Spread the following frosting between layers and on top of cake:

Caramel Nut Frosting

- | | |
|----------------------|--|
| 1 cup brown sugar | 1 teaspoon Royal Baking Powder |
| 1 unbeaten egg white | $\frac{1}{2}$ teaspoon vanilla extract |
| 3 tablespoons water | $\frac{1}{2}$ cup chopped walnuts |

Place in top of double boiler, sugar, egg whites and water. Place over boiling water and beat with rotary egg beater for 7 to 10 minutes. Add baking powder, vanilla and nuts. Let cool slightly and spread on cake.

Chocolate Loaf Cake

- | | |
|---|--|
| 3 squares (3 oz.) unsweetened chocolate | 4 tablespoons Amaizo Oil |
| 2 tablespoons sugar | $\frac{1}{2}$ teaspoon vanilla extract |
| $1\frac{1}{2}$ tablespoons milk | $1\frac{1}{3}$ cups flour |
| 2 eggs | 2 teaspoons Royal Baking Powder |
| 1 cup sugar | $\frac{1}{4}$ teaspoon salt |
| | $\frac{1}{2}$ cup milk |

Cook slowly until smooth first three ingredients. Beat egg yolks until thick and lemon colored; add sugar slowly and beat well; stir in the Amaizo Oil, then the chocolate mixture and flavoring, beating between each addition. Sift flour, baking powder and salt together and add alternately a little at a time with the milk; fold in beaten egg whites. Bake in oiled loaf pan for about one hour in moderate oven starting at 300° F. and gradually raising the temperature to about 350° F. Spread top and sides with the following chocolate icing:

Chocolate 7-Minute Icing

- | | |
|------------------------------------|--|
| 1 unbeaten egg white | $1\frac{1}{2}$ squares ($1\frac{1}{2}$ oz.) unsweetened |
| $\frac{1}{4}$ cup granulated sugar | melted chocolate |
| 3 tablespoons cold water | $\frac{1}{2}$ teaspoon vanilla extract |

Place first three ingredients in top of double boiler; place over boiling water and beat with egg beater for 5 minutes; add chocolate and beat 2 minutes longer or until thick enough to spread, add flavoring and spread on cake.

Mocha Layer Cake

- | | |
|---------------------------------|----------------------------|
| 1½ cups granulated sugar | ½ cup Amaizo Oil |
| 2 cups flour | 1 cup milk |
| ½ cup Amaizo Corn Starch | 1 teaspoon vanilla extract |
| 3 teaspoons Royal Baking Powder | whites of 3 eggs |
| ½ teaspoon salt | |

Sift all dry ingredients together three times; add Amaizo Oil to milk and add to dry ingredients. Mix but do not beat hard. Add flavoring; fold in beaten egg whites. Bake in three oiled layer tins in hot oven (450° F.) about 15 minutes. Spread the following filling between layers and on top and sides of cake:

Mocha Filling and Icing

- | | |
|-----------------------------|------------------------------|
| 3 tablespoons butter | 1 teaspoon vanilla extract |
| 3 cups confectioner's sugar | 1 tablespoon Amaizo Oil |
| 1½ tablespoons cocoa | 3½ tablespoons strong coffee |

Cream butter until light; add sugar very slowly; add cocoa and beat until light and smooth; add vanilla, Amaizo Oil and coffee slowly making the icing soft enough to spread.

Cocoanut Marshmallow Layer Cake

- | | |
|----------------------------|---------------------------------|
| 2 eggs | ¾ cup milk |
| 1 cup sugar | 1¾ cups flour |
| 1 teaspoon vanilla extract | ½ teaspoon salt |
| ⅓ cup Amaizo Oil | 3 teaspoons Royal Baking Powder |

Separate eggs and save the whites for icing and filling. Beat egg yolks until thick and lemon colored; add sugar very slowly; add the vanilla then the Amaizo Oil a little at a time mixing thoroughly. Add half the milk and half the flour which has been sifted with the salt and baking powder; then add remainder of milk and remainder of flour mixing well after each addition. Bake in three oiled layer tins in hot oven (425° F.) about 20 minutes. Put following filling between layers and on top of cake:

Cocoanut Filling and Icing

- | | |
|--------------------------|-----------------------------|
| 1½ cups granulated sugar | ½ teaspoon vanilla extract |
| ½ cup water | few drops of lemon juice |
| 2 egg whites | 1 cup fresh grated cocoanut |

Cook sugar and water without stirring until syrup spins a thread (240° F.); pour very slowly over stiffly beaten egg whites. Beat until thick; add flavoring and spread on cake. While icing is soft sprinkle thickly with the grated cocoanut.

Apple Sauce Cake

- | | |
|--|--|
| $\frac{1}{3}$ cup Amaizo Oil | $\frac{1}{4}$ teaspoon salt |
| 1 cup brown sugar | $\frac{3}{4}$ cup seeded raisins |
| 1 cup apple sauce (without sugar) | $1\frac{1}{2}$ cups flour |
| $\frac{1}{2}$ teaspoon ground cloves | $2\frac{1}{2}$ teaspoons Royal Baking Powder |
| $\frac{1}{4}$ teaspoon ground cinnamon | $\frac{1}{4}$ cup Amaizo Corn Starch |
| $\frac{1}{2}$ teaspoon ground nutmeg | 2 teaspoons grated lemon rind |

Boil for three minutes all ingredients excepting flour, Amaizo Corn Starch, baking powder and lemon rind. Cool. Sift together dry ingredients and add to boiled mixture; add lemon rind. Mix well and bake in slightly oiled loaf pan in moderate oven (350° F.) for 45 minutes.

Upside Down Cake

- | | |
|------------------------------|--|
| $\frac{1}{3}$ cup Amaizo Oil | $1\frac{1}{2}$ cups flour |
| $\frac{1}{3}$ cup sugar | 3 teaspoons Royal Baking Powder |
| 2 eggs | $\frac{1}{2}$ teaspoon salt |
| $\frac{3}{4}$ cup water | $\frac{1}{2}$ teaspoon vanilla extract |

While making the cake put 4 tablespoons butter and one cup brown sugar into iron skillet, frying or dripping pan. Cook slowly until smooth, thick and syrupy. Turn off flame; arrange in syrup slices of canned pineapple or halves of fresh peaches or 2 cups any fruit cut in small pieces (rhubarb excellent).

Add sugar very slowly to Amaizo Oil; add beaten egg yolks and vanilla. Sift together flour, baking powder and salt; add to first mixture alternately with water, a little at a time. Fold in stiffly beaten egg whites. Pour the batter over the fruit and bake in same pan in moderate oven (375° F.) about 35 minutes. Remove at once to dish—turn upside down so that fruit will be on top. Serve hot.

Amaizo Cream Cake

- | | |
|------------------------------|---|
| 3 eggs | $\frac{1}{2}$ cup rich milk or thin cream |
| 1 cup sugar | 1 cup flour |
| $\frac{1}{2}$ cup Amaizo Oil | $\frac{1}{2}$ cup Amaizo Corn Starch |
| 2 teaspoons lemon extract | 3 teaspoons Royal Baking Powder |
| 1 teaspoon vanilla extract | $\frac{1}{2}$ teaspoon salt |

Separate eggs and beat egg yolks until thick and pale yellow; add sugar very slowly, beating well between each addition. Add flavoring and Amaizo Oil gradually and beat vigorously; add milk a little at a time; sift flour, Amaizo Corn Starch, salt and baking powder together and add; fold in beaten whites of eggs. Bake in oiled loaf pan in moderate oven (350° F.) about 45 minutes or bake in patty pans in moderate oven (400° F.) 10 to 15 minutes. Sprinkle with powdered sugar or cover with white frosting.

Orange Cup Cakes

2 eggs	3 teaspoons Royal Baking Powder
1½ cups sugar	½ teaspoon salt
¾ cup milk	1 teaspoon orange extract
5 tablespoons Amaizo Oil	grated rind of 1 orange
1¾ cups flour	

Beat eggs until light and add sugar slowly; then add about a tablespoon of milk then Amaizo Oil a little at a time, beating well between each addition. Sift flour, baking powder and salt together and add alternately with remainder of milk to first mixture. Add flavoring and orange rind and mix well. Bake in small oiled cake tins in moderate oven (400° F.) about 12 minutes. When cool spread with following orange icing:

Orange Icing

2 tablespoons Amaizo Oil	grated rind and pulp of ½ orange
2½ cups confectioner's sugar	1 egg white
1 teaspoon orange juice	

Put Amaizo Oil, sugar and orange juice into bowl; add rind and pulp from which the skin and seeds have been removed; beat all together until smooth. Fold in beaten egg white and spread on top of cakes. Makes 12 cakes.

Cream Puffs

1 cup boiling water	½ teaspoon salt
⅓ cup Amaizo Oil	3 eggs
1 cup flour	1 teaspoon Royal Baking Powder

Heat water and Amaizo Oil in saucepan until it boils up well. Add flour sifted with salt all at once and stir vigorously. As soon as thoroughly mixed remove from the fire, cool and mix in unbeaten eggs one at a time. Add baking powder; mix again and drop by spoonfuls about two inches apart on oiled tin. Shape into circular form. Bake from 35 to 45 minutes in hot oven (400° F.). Cut with sharp knife near the bottom to admit the filling.

Cream Filling

¼ cup Amaizo Corn Starch	2 eggs
¾ cup sugar	2 cups scalded milk
¼ teaspoon salt	½ teaspoon vanilla extract

Mix Amaizo Corn Starch, sugar and salt together; add slowly beaten eggs and stir into this gradually the scalded milk. Cook about 15 minutes in double boiler stirring constantly until thickened. Cool slowly and flavor.

For Chocolate Cream Filling add 1½ squares (1½ oz.) unsweetened chocolate to scalded milk. Makes 18 small puffs.

Chocolate Layer Cake

2 eggs	$\frac{1}{2}$ cup milk
1 cup sugar	$1\frac{3}{4}$ cups flour
$\frac{1}{3}$ cup Amaizo Oil	$\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla extract	3 teaspoons Royal Baking Powder

Separate eggs; save one white for icing. Beat egg yolks well; add sugar slowly, the Amaizo Oil a little at a time and the vanilla; mix thoroughly and add half the milk and half the flour which has been sifted with salt and baking powder, then add remainder of milk and remainder of flour, mixing well after each addition; fold in beaten egg white. Bake in three oiled layer tins in hot oven (425° to 450° F.) about 15 minutes. Cool.

Chocolate Filling

3 squares (3 oz.) unsweetened chocolate	$\frac{3}{4}$ cup powdered or confectioner's sugar
3 tablespoons milk	1 tablespoon Amaizo Corn Starch
1 tablespoon Amaizo Oil	$\frac{1}{8}$ teaspoon salt
1 egg yolk	1 teaspoon vanilla extract

Melt chocolate in top of double boiler; add milk, Amaizo Oil and egg yolk. Stir in sugar gradually; mix Amaizo Corn Starch with a little cold water and add stirring constantly until smooth and thick. Remove from fire; add salt and vanilla and spread thickly between layers of cake.

Chocolate Icing

1 unbeaten egg white	$\frac{1}{2}$ teaspoon vanilla extract
$1\frac{1}{2}$ cups confectioner's sugar	$\frac{1}{8}$ teaspoon salt
2 squares (2 oz.) melted chocolate	2 teaspoons Amaizo Oil

Put egg white into shallow dish; add sugar slowly, beating with wire whip until of right consistency to spread; add chocolate, vanilla, salt and Amaizo Oil. Mix well and spread on cake.

Nut Sticks

$\frac{1}{2}$ cup Amaizo Oil	3 teaspoons Royal Baking Powder
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ teaspoon salt
2 eggs	$\frac{1}{2}$ cup chopped blanched almonds
4 tablespoons milk	1 teaspoon lemon or almond extract
4 cups flour	

Beat one egg yolk; add sugar and Amaizo Oil; add beaten whites of two eggs and three tablespoons milk and flavoring; mix well. Sift together flour, baking powder and salt and add, mixing well. Roll half of dough at a time less than $\frac{1}{4}$ inch thick on floured board; cut into strips, 1 by 3 inches. Brush with remaining yolk of egg mixed with one tablespoon milk and sprinkle with chopped nuts. Bake in moderate oven (400° F.) about 10 minutes.

Cream Layer Cake

- | | |
|------------------------------|---------------------------------|
| $\frac{1}{3}$ cup Amaizo Oil | $\frac{1}{2}$ cup milk |
| 1 cup sugar | $1\frac{3}{4}$ cups flour |
| 2 eggs | $\frac{1}{2}$ teaspoon salt |
| 1 teaspoon vanilla extract | 3 teaspoons Royal Baking Powder |

Cream Amaizo Oil and sugar together until light; add beaten egg yolks, flavoring and milk slowly; sift flour and salt. Add half, then half beaten egg whites; add the rest of the flour sifted with baking powder; stir after each addition; fold in remaining egg whites. Bake in two oiled layer tins in moderate oven (400° F.) about 20 minutes; cool and put together with cream filling and cover top and sides with white icing.

Cream Filling

- | | |
|----------------------------------|-----------------------------|
| $\frac{3}{4}$ cup sugar | rind of 1 orange |
| 2 tablespoons Amaizo Corn Starch | $\frac{1}{4}$ teaspoon salt |
| 2 egg yolks | 2 teaspoons Amaizo Oil |
| 1 cup scalded milk | 1 teaspoon lemon juice |
| 1 teaspoon vanilla extract | |

Mix well together sugar, Amaizo Corn Starch and egg yolks. Add slowly to scalded milk. Cook in top of double boiler until smooth and thick. Remove from fire. Add vanilla, orange rind, salt, Amaizo Oil and lemon juice. Cool and spread thickly between layers of cake.

White Icing

- | | |
|--|--|
| $2\frac{1}{2}$ cups confectioner's sugar | 2 teaspoons Amaizo Oil |
| 2 egg whites | $\frac{1}{2}$ teaspoon vanilla extract |

Add sugar slowly to unbeaten egg whites mixing until smooth and stiff enough to spread. Add Amaizo Oil and flavoring and spread on top and sides of cake. If icing is too thick, thin by adding a little cream or boiling water.

Orange Layer Cake

- | | |
|------------------------------|---------------------------------|
| 2 eggs | 3 teaspoons Royal Baking Powder |
| 1 cup sugar | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{3}$ cup Amaizo Oil | $\frac{2}{3}$ cup milk |
| $1\frac{3}{4}$ cups flour | 1 teaspoon vanilla extract |

Save egg whites for icing.

Beat egg yolks well; add sugar slowly, then add Amaizo Oil and half the flour which has been sifted with the baking powder and salt. Add the milk and flavoring and remainder of flour and mix well. Bake in two oiled layer cake tins in hot oven (425° F.) about 20 minutes. Put the following filling and icing between layers and on top of cake:

Orange Filling and Icing

whites of 2 eggs
3 cups confectioner's sugar

grated rind and soft pulp of
1 orange

Whip eggs to stiff froth; add sugar, a little at a time, until stiff enough to spread. Whip in pulp and rind of orange. Orange coloring may be added if desired.

Spice Cup Cakes with Orange Icing

$\frac{1}{2}$ cup Amaizo Oil
 $\frac{1}{2}$ cup brown sugar
1 egg
 $\frac{1}{2}$ cup molasses
2 cups flour
3 teaspoons Royal Baking Powder

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon soda
 $\frac{1}{2}$ teaspoon allspice
1 teaspoon cinnamon
 $\frac{1}{2}$ cup milk

Cream Amaizo Oil and sugar together thoroughly. Add beaten egg and molasses; add half of dry ingredients which have been sifted together. Add milk and remainder of dry ingredients. Mix well and bake in moderate oven (375° F.) in slightly oiled and floured muffin tins. Frost tops with orange icing, page 22.

Delicious Chocolate Cakes

$\frac{1}{2}$ cup Amaizo Oil
1 cup sugar
2 eggs
2 squares (2 oz.) unsweetened
chocolate

1 teaspoon vanilla extract
 $1\frac{3}{4}$ cups flour
 $\frac{1}{2}$ teaspoon salt
 $2\frac{1}{2}$ teaspoons Royal Baking Powder
 $\frac{1}{2}$ cup milk

Add sugar to Amaizo Oil slowly. Add well beaten eggs, flavoring and chocolate which has been melted. Sift together flour, salt and baking powder; add alternately with the milk. Mix thoroughly and put small amount of batter into slightly oiled individual cake tins. Bake in moderate oven (380° F.) for about 18 minutes. Spread cakes thickly with frosting. If cocoa is used instead of chocolate, sift $\frac{1}{2}$ cup cocoa with dry ingredients.

Chocolate Frosting

$2\frac{1}{2}$ cups confectioner's sugar
4 tablespoons boiling water
1 teaspoon vanilla extract
 $\frac{1}{4}$ teaspoon salt

2 teaspoons Amaizo Oil
 $1\frac{1}{2}$ squares ($1\frac{1}{2}$ oz.) unsweetened
chocolate
1 tablespoon cream

To sugar add boiling water slowly to make smooth paste; add vanilla, salt, Amaizo Oil and melted chocolate. Add cream until right consistency to spread.

If cocoa is used here instead of chocolate mix 5 tablespoons cocoa with sufficient water to make a paste and add after flavoring. Makes 18 cakes.

Chocolate Almond Bars

- | | |
|-----------------------------------|----------------------------------|
| 3 eggs | 2½ teaspoons Royal Baking Powder |
| 1 cup granulated sugar | ¼ teaspoon salt |
| 1 square (1 oz.) melted chocolate | ½ cup finely chopped almonds |
| ½ cup flour | 6 tablespoons water |
| 2 tablespoons Amaizo Corn Starch | |

Separate eggs. Beat yolks until light; add sugar and chocolate; beat for five minutes. Sift flour with Amaizo Corn Starch, baking powder and salt; add chopped almonds. Add dry ingredients alternately a little at a time with water to first mixture. Fold in stiffly beaten egg whites. Bake in a square oiled and floured pan in moderate oven (375° F.) 15 to 18 minutes. When cake is cold, split in half; spread raspberry jam on bottom layer; cover with other layer and frost thinly with following:

Chocolate Icing

- | | |
|---|-----------------------------|
| 3 tablespoons milk | ⅛ teaspoon salt |
| 1 teaspoon Amaizo Oil | ¼ cups confectioner's sugar |
| 1½ squares (1½ oz.) unsweetened chocolate | ½ teaspoon vanilla extract |

Heat milk, Amaizo Oil, chocolate and salt in top of double boiler. When chocolate is melted, add sugar slowly, beating continually. Add vanilla and beat until creamy. Spread on cake. Cut in bars about an inch wide; decorate each bar by passing a little of the following mixture through a pastry tube:

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|---------------------------------|----------------------------|
| 3 tablespoons sweet butter | ½ teaspoon vanilla extract |
| 1½ tablespoons melted chocolate | |

Makes 8 bars.

Nut Luncheon Cakes

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|---------------------------------|--|
| 1 egg | ⅓ teaspoon salt |
| 1 cup white or brown sugar | 1 teaspoon cinnamon |
| ½ cup milk | 1 teaspoon vanilla extract |
| 5 tablespoons Amaizo Oil | 1 cup chopped hickory, walnuts or pecan nuts |
| 1¾ cups flour | |
| 3 teaspoons Royal Baking Powder | |

Beat egg until light and add sugar slowly; then add about a tablespoon of milk and Amaizo Oil a little at a time, beating well between each addition. Sift flour, baking powder, salt and cinnamon together and add alternately with the milk to the first mixture. Add flavoring and mix well. Mix in nuts slightly floured. Put in oiled individual cake tins and bake in moderate oven (400° F.) 12 to 15 minutes. Remove from pan; sprinkle with powdered sugar or cover with Chocolate Icing (page 25). Makes 18 small cakes.

Molasses Mocha Cookies

1 egg	$\frac{1}{2}$ cup strong cold coffee
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ teaspoons cinnamon
$\frac{1}{2}$ cup Amaizo Oil	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup molasses	3 teaspoons Royal Baking Powder
1 cup raisins	$2\frac{1}{2}$ cups flour

Beat egg; add sugar—keep on beating. Add Amaizo Oil slowly, beat until smooth, then add molasses and coffee. Continue beating until thoroughly mixed. Then sift together the dry ingredients and mix thoroughly with batter. Add raisins which have been washed and dried and floured slightly. Drop onto slightly oiled pans. Bake in moderate oven (325° F.) for about 10 minutes. If desired, one cup chopped pecan nuts or one cup shredded cocoanut can be used in place of the raisins.

For children use $\frac{1}{2}$ cup milk in place of coffee. Makes 4 dozen cookies.

Brownies

2 tablespoons Amaizo Oil	1 cup flour
1 cup sugar	$\frac{1}{4}$ teaspoon salt
1 egg	1 teaspoon Royal Baking Powder
2 squares (2 oz.) melted unsweetened chocolate	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoon vanilla extract	$\frac{1}{2}$ cup chopped walnuts

Mix Amaizo Oil, sugar, unbeaten egg, chocolate and vanilla together. Sift flour with salt and baking powder and add alternately with the milk to first mixture. Mix in nuts. Oil shallow pan with Amaizo Oil; spread mixture about $\frac{1}{2}$ inch on pan and bake in slow oven (320° F.) for about 30 minutes. Cut into small squares while still warm. Makes 12 Brownies.

Strawberry Shortcake

2 cups flour	4 tablespoons Amaizo Oil
$\frac{3}{4}$ teaspoon salt	$\frac{1}{2}$ cup milk
2 tablespoons sugar	1 egg
4 teaspoons Royal Baking Powder	

Sift dry ingredients two or three times into bowl. Add Amaizo Oil and milk to beaten egg; add this liquid to the dry ingredients. Mix well but do not beat. Put into one oiled deep pie plate. Bake in hot oven (450° F.) for about 20 minutes. Remove from pan; split through the middle; spread lightly with butter. Put sweetened crushed strawberries in between layers and on top of cake. Cover with slightly sweetened whipped cream and arrange whole strawberries on top.

Other fruit, such as peaches, raspberries, apricots, oranges and also any canned or stewed fruit may be used. Makes 1 large or 6 individual shortcakes.

Cookies

- | | |
|--|---|
| 1 egg | 1 teaspoon vanilla or grated rind
of lemon |
| $\frac{3}{4}$ cup white or brown sugar | 2 teaspoons Royal Baking Powder |
| 5 tablespoons Amaizo Oil | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{4}$ cup milk | $\frac{1}{4}$ teaspoon grated nutmeg |
| $1\frac{3}{4}$ cups flour | |

Beat egg until light. Add sugar slowly, then Amaizo Oil, milk and vanilla. Beat well and add, a little at a time, the flour which has been sifted with the baking powder, salt and nutmeg. Add only sufficient more flour to roll easily. Chill and roll out very thin on floured board. Cut with cookie cutter. Sprinkle with sugar. Put a raisin or piece of nut in the center of each. Bake on oiled tin about 12 minutes in hot oven (400° F.). Makes 3 dozen cookies.

Ginger Snaps

- | | |
|--------------------------------|------------------------------|
| $\frac{1}{2}$ cup molasses | 1 teaspoon ginger |
| $\frac{1}{3}$ cup brown sugar | 1 tablespoon vinegar |
| 1 teaspoon salt | $\frac{1}{2}$ cup Amaizo Oil |
| 1 teaspoon soda | $\frac{1}{4}$ cup hot water |
| 1 teaspoon Royal Baking Powder | $2\frac{3}{4}$ cups flour |

Mix molasses and brown sugar together; add salt, soda, baking powder and ginger and mix thoroughly. Add liquids, mixing after each addition. Lastly add flour. Mix and chill. Roll out very thin on floured board; cut with cookie cutter. Bake on oiled tin in hot oven (450° F.) for about 7 minutes. Makes 4 dozen snaps.

SALADS AND SALAD DRESSINGS

Wash salad greens well in cold water. Drain off all the water; put in clean cloth on ice until ready to serve.

Amaizo Oil is a most economical and delicious oil for salad dressings of all kinds.

In making mayonnaise, using one egg yolk for the base you can add Amaizo Oil in almost infinite quantity.

Mayonnaise made with Amaizo Oil can be put in covered glass or jar and kept in a cool place for several days. If too thick, thin down with a small amount of vinegar or lemon juice.

French Dressing

- | | |
|--------------------------|--------------------------------|
| 2 tablespoons vinegar | $\frac{1}{2}$ teaspoon sugar |
| 4 tablespoons Amaizo Oil | $\frac{1}{4}$ teaspoon pepper |
| 1 teaspoon salt | $\frac{1}{4}$ teaspoon paprika |

Put all ingredients into bowl. Beat well and serve very cold.

Mayonnaise No. 1

1 egg yolk
1 teaspoon salt
1/16 teaspoon cayenne pepper

2 tablespoons vinegar or
lemon juice
1 cup Amaizo Oil

Have utensils and ingredients cold. Put egg yolk, seasonings and vinegar or lemon juice into shallow dish or bowl if egg beater is used; add Amaizo Oil 1 teaspoon at a time until $\frac{1}{4}$ cup is added, beating after each addition. Continue adding Amaizo Oil in larger quantities until all is added.

To make a larger quantity of mayonnaise simply beat in $\frac{1}{4}$ teaspoon salt, a dash of cayenne, $\frac{1}{2}$ tablespoon vinegar or lemon juice to each additional half cup Amaizo Oil.

This dressing can be kept covered in a cold place for several days and if it is too stiff can be thinned out with a little lemon juice or vinegar just before serving.

Mayonnaise made with Amaizo Oil in this way thickens quickly and with no danger of separating.

Mayonnaise No. 2

1 whole egg
1 $\frac{1}{4}$ teaspoons salt
1/16 teaspoon cayenne pepper

1 teaspoon powdered sugar
2 tablespoons vinegar or lemon juice
1 $\frac{1}{2}$ cups Amaizo Oil

Have utensils and ingredients cold. Put egg, powdered sugar, seasonings and vinegar or lemon juice into shallow dish or bowl if egg beater is used; add Amaizo Oil one teaspoon at a time until $\frac{1}{4}$ cup is added, beating after each addition. Continue in larger quantities until all is added. This dressing using one whole egg will not begin to thicken as quickly as when egg yolk only is used but will be just as stiff when all the Amaizo Oil is added.

To make a larger quantity of mayonnaise simply beat in $\frac{1}{4}$ teaspoon salt, a dash of cayenne, $\frac{1}{2}$ tablespoon vinegar or lemon juice to each additional half cup Amaizo Oil. If dressing is not all used at once, cover and keep in a cold place.

Roquefort Dressing

To French Dressing, add 3 tablespoons Roquefort cheese which has been crumbled with fork. Add the cheese just before serving.

Cooked Salad Dressing

1 teaspoon dry mustard
1 tablespoon Amaizo Corn Starch
2 teaspoons salt
1 $\frac{1}{2}$ tablespoons sugar
few grains cayenne

yolks of 2 eggs
 $\frac{1}{3}$ cup hot vinegar
1 cup milk
2 tablespoons Amaizo Oil
whites of 2 eggs

Mix the dry ingredients. Add egg yolks, hot vinegar and milk a little at a time stirring continually. Put into double boiler and stir cooking until thick. Take from fire and add Amaizo Oil. Mix in beaten egg whites; cool and serve.

If mixture starts to curdle set top of double boiler in pan of cold water and beat with rotary egg beater until smooth.

Thousand Island Dressing

To each cup of Mayonnaise take the following:

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|----|-----------------------------------|---|-------------------------------|
| 1 | tablespoons chopped green peppers | 1 | teaspoon Worcestershire sauce |
| 2½ | tablespoons chopped pimiento | 1 | tablespoon tomato catsup |
| 1 | teaspoon onion juice | 2 | tablespoons chili sauce |
| 1 | hard cooked egg, chopped fine | ½ | cup whipped cream |

Mix first seven ingredients add salt if necessary; mix thoroughly with mayonnaise and fold in whipped cream. Serve ice cold on lettuce or other greens or use as cocktail sauce.

Vegetable Salad

Use fresh boiled vegetables in season. Serve cold on lettuce leaves or other salad green and cover with Mayonnaise.

Any combination of vegetables, such as beets, beans, peas, asparagus tips and carrots, is excellent.

Lobster Salad

Put live lobster in large kettle of boiling water with 1 tablespoon salt to each quart of water. Boil rapidly for 20 minutes. When cold remove from shell; remove intestinal vein and cut lobster into small pieces for serving.

Marinate slightly with French Dressing, and serve very cold on lettuce leaves. Cover with Mayonnaise, and garnish with hard boiled eggs, olives and capers if desired.

Chicken Salad

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|---|------------------------------------|----|------------------|
| 3 | cups cold chicken, cut into pieces | 1½ | cups mayonnaise |
| 1 | cup celery, cut into small pieces | 2 | hard boiled eggs |
| 1 | teaspoon salt | | olives |
| ¼ | teaspoon pepper | | |

Mix well chicken, celery, seasoning and ½ cup mayonnaise. Serve cold on lettuce; garnish with sliced egg and olives. Cover with Mayonnaise, to which capers have been added if desired.

Avocado (Alligator Pear) Salad

Pare avocados. Cut into slices. Arrange on lettuce leaves or romaine and serve very cold with Roquefort or French Dressing.

Or if desired the avocados can be simply cut in half, stone removed and half filled with French Dressing.

Avocado and Grape Fruit Salad

Pare avocados and grape fruit removing all white skin and seeds from the latter. Slice the avocados and arrange with pieces of grape fruit on lettuce or romaine. Serve with French Dressing.

Bartlett Pear and Cream Cheese Salad

Use fresh ripe pears. Pare; cut into halves; remove cores and stems. Place on lettuce leaves or other salad greens. Fill hollows with seasoned cream cheese balls. Garnish with small strips of pimiento or green pepper and paprika. Serve cold with either French Dressing or Mayonnaise.

Canned pears from which the syrup is drained can be used if desired.

SAUCES AND GRAVIES

Amaizo Oil is a most economical and excellent fat to use in making creamed soups and sauces for vegetables, fish and meat.

Use about one-fourth less than you would of butter and add salt to taste.

For thickening cream sauces or cooked salad dressings and as a basis for creamed soups, Amaizo Corn Starch is ideal as it blends more smoothly and quickly than any other thickening agent. It can be used for this purpose instead of flour in any recipe. Use slightly less Amaizo Corn Starch than you would flour.

For Soups and Vegetables

Thin White Sauce	Hollandaise
Thick White Sauce	

For Meat and Fish

Brown Sauce or Gravy	Cocktail Sauce
Sauce Tartare	

For Puddings and Ice Cream

Chocolate Sauce	Caramel Sauce
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Thin White Sauce

Use for creamed vegetables and scalloped dishes and as basis for creamed soups.

1½ tablespoons Amaizo Oil	¼ teaspoon pepper
1 tablespoon Amaizo Corn Starch	1 cup milk
½ teaspoon salt	

Put Amaizo Oil in top of double boiler. Add Amaizo Corn Starch, seasoning and stir until thoroughly blended. Add milk gradually and cook until smooth and thick.

Thick White Sauce

Use for croquettes or where very thick sauce is required.

2 tablespoons Amaizo Oil	¼ teaspoon pepper
¾ cup Amaizo Corn Starch	1 cup milk
½ teaspoon salt	

Mix the same as for Thin White Sauce.

32 Make Your Own Pastry Flour with AMAIZO CORN STARCH

Gravy

- | | |
|----------------------------------|-------------------------------|
| 4 tablespoons fat from roast | $\frac{1}{2}$ teaspoon salt |
| 2 cups boiling water | $\frac{1}{4}$ teaspoon pepper |
| 3 tablespoons Amaizo Corn Starch | |

Put pan with fat over fire. Add boiling water slowly. Mix Amaizo Corn Starch with a little cold water and add to fat stirring well until smooth. Add seasoning and cook until thick.

More boiling water can be added if thinner gravy is desired. Strain and serve.

Hollandaise Sauce

- | | |
|--------------------------|---------------------------------|
| yolks of 2 eggs | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons Amaizo Oil | few grains cayenne pepper |
| 1 tablespoon lemon juice | $\frac{1}{2}$ cup boiling water |

Add yolks of eggs one at a time to Amaizo Oil. Beat well; add lemon juice, salt and pepper. About 5 minutes before serving add boiling water slowly and stir rapidly. Cook over water or in double boiler until it thickens. Serve hot on cauliflower, asparagus or fish.

Cocktail Sauce

To one cup thick Mayonnaise add one teaspoon finely chopped parsley, one tablespoon chopped pimiento, one tablespoon finely chopped olives, two tablespoons tomato catsup and a few drops tobasco.

Serve on cold crabmeat, lobster, shrimp or oysters.

Caramel Sauce

- | | |
|-----------------------------------|---------------------------------------|
| 1 cup brown sugar | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons Amaizo Corn Starch | $1\frac{1}{2}$ tablespoons Amaizo Oil |
| $1\frac{1}{2}$ cups boiling water | 1 teaspoon vanilla extract |

Mix sugar and Amaizo Corn Starch; add boiling water; stir until thickened and cook 10 minutes; add salt, Amaizo Oil and vanilla and serve immediately or place over boiling water until ready to serve.

Sauce Tartare

To 1 cup Mayonnaise add $\frac{1}{4}$ teaspoon mustard, 1 teaspoon powdered sugar and just before serving mix in 1 tablespoon each of finely chopped capers, olives, pickles and parsley.

Chocolate Sauce

- | | |
|--|--|
| 1 square (1 oz.) unsweetened chocolate | $\frac{1}{2}$ cup sugar |
| 2 tablespoons Amaizo Oil | $\frac{1}{4}$ teaspoon vanilla extract |
| $\frac{1}{2}$ cup boiling water | $\frac{1}{4}$ teaspoon salt |

Melt chocolate in top of double boiler; add Amaizo Oil; mix and add water a little at a time, stirring constantly; then add sugar and bring to boiling point. Boil 5 minutes without stirring. Remove from fire; add vanilla and salt and serve hot.

PUDDINGS

Puddings for dessert offer many interesting variations in almost any menu. The so-called boiled puddings can be used in so many ways and are so readily prepared that they are always popular.

Amaizo Corn Starch is easy to use in making these puddings as it mixes so quickly and smoothly and thickens them to just the proper consistency.

Mix Amaizo Corn Starch with enough cold liquid to make a smooth paste. Then add slowly to the hot liquid stirring constantly until the mixture becomes thick and smooth.

It is always advisable and much easier to cook such puddings in a double boiler over hot water.

Soft Custard

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| 1 quart milk | $\frac{1}{2}$ cup sugar |
| 2 tablespoons Amaizo Corn Starch | $\frac{1}{4}$ teaspoon salt |
| 3 eggs | 1 teaspoon vanilla extract |

Mix Amaizo Corn Starch with 1 cup of the measured milk. Scald remaining milk in top of double boiler. Beat eggs slightly and add sugar and salt. Stir scalded milk slowly into eggs and return to double boiler. Add Amaizo Corn Starch, stirring constantly until thick and smooth and cook 20 minutes. Remove from fire; add flavoring. Serve with stewed or fresh fruit or use for Floating Island.

If fewer eggs are used, add 1 tablespoon Amaizo Corn Starch for each egg omitted.

Amaizo Blanc Mange

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|----------------------------------|-----------------------------|
| 1 quart milk | $\frac{1}{2}$ teaspoon salt |
| 5 tablespoons Amaizo Corn Starch | 1 teaspoon vanilla extract |
| $\frac{1}{2}$ cup sugar | |

Mix Amaizo Corn Starch to a smooth paste with 1 cup of the measured milk. Scald rest of milk; add sugar, salt and Amaizo Corn Starch, stirring constantly. Cook in top of double boiler for 20 minutes until thick and smooth. Remove from fire; add flavoring and pour into mould, dipped in cold water. Chill, serve cold with chocolate or fruit sauce or fresh fruit and whipped cream.

Chocolate Pudding

- | | |
|----------------------------------|---------------------------------|
| 5 tablespoons Amaizo Corn Starch | 2½ oz. unsweetened chocolate or |
| ¾ cup sugar | ½ cup cocoa (mixed with |
| ¼ teaspoon salt | sugar) |
| 1 quart milk | 1 teaspoon vanilla extract |

Mix Amaizo Corn Starch with ¼ cup of the cold milk until smooth. Melt chocolate in double boiler. Add sugar and salt gradually. Add milk slowly stirring constantly until scalded. Stir Amaizo Corn Starch into mixture and cook until thick and smooth, about 20 minutes. Add flavoring and pour into mould dipped in cold water. Chill. Serve cold with sweetened whipped cream. If cocoa is used mix with sugar and add as above.

Pineapple Meringue Pudding

- | | |
|----------------------------------|--------------------------|
| 3 tablespoons Amaizo Corn Starch | ½ cup sugar |
| ⅓ cup cold milk | ½ teaspoon salt |
| 2⅓ cups scalded milk | 1½ cups grated pineapple |
| 2 egg yolks | 1 tablespoon lemon juice |

Mix Amaizo Corn Starch with cold milk to make a smooth paste. Add slowly to scalded milk in double boiler, stirring constantly until mixture thickens. Cook 15 minutes. Beat egg yolks slightly; add sugar and salt. Stir slowly into first mixture and cook 5 minutes. Cool slightly; add pineapple and lemon juice and pour into mould dipped in cold water, or in serving dishes. Top with meringue and serve very cold.

Spiced Prune Pudding

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|-------------------|--------------------------|
| ½ lb. prunes | ¾ teaspoon cinnamon |
| 3 cups cold water | ¼ cup Amaizo Corn Starch |
| 1 cup sugar | 1 tablespoon lemon juice |
| ¼ teaspoon salt | |

Wash prunes, soak in cold water ½ to 1 hour and cook in same water until soft; then cut in half and remove pits. Measure the liquid, adding boiling water to make 3 cups. Place in double boiler. Add prunes, sugar, salt and cinnamon. Cook 10 minutes.

Mix Amaizo Corn Starch with enough cold water to make smooth paste and stir slowly into prune mixture. Cook stirring constantly until it thickens, then cook 15 minutes longer. Add lemon juice, pour into mould dipped in cold water or glasses and chill. Serve with sweetened cream.

CANDIES

Amaizo Oil is excellent for making candy. Use ¼ less Amaizo Oil than butter called for and add salt in proportion of one teaspoon salt to each cup Amaizo Oil.

Pop Corn

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|--------------------------|---------------------|
| ½ cup popping corn | 1½ tablespoons salt |
| 3 tablespoons Amaizo Oil | |

Put corn with Amaizo Oil into iron skillet or frying pan. Cover and place on stove. Shake pan continually to keep from burning. Remove from fire and sprinkle with salt. This recipe makes about 2 quarts of popped corn.

Chocolate Caramels

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|------------------------|------------------------------|
| 2 cups sugar | $\frac{1}{2}$ cup cream |
| 1 cup condensed milk | $\frac{1}{3}$ cup Amaizo Oil |
| 1 cup light corn syrup | 6 squares (6 oz.) chocolate |
| 1 cup milk | 2 teaspoons vanilla extract |

Cook all ingredients except vanilla over a low fire stirring constantly to 244° F. Add vanilla, turn into oiled pan; when cold turn out and cut into squares. Wrap in waxed paper. This makes a delicious caramel.

Fudge

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|---------------------------------|-----------------------------|
| 2 cups sugar | $\frac{3}{4}$ cup milk |
| 2 squares (2 oz.) chocolate (or | 3 tablespoons Amaizo Oil |
| 6 tablespoons cocoa with | 1 teaspoon vanilla extract |
| 2 tablespoons Amaizo Oil) | $\frac{1}{4}$ teaspoon salt |

Cook sugar, chocolate or cocoa and milk together to 234° F. or until a small amount tested in cold water will make a soft ball, stirring to keep from burning.

Remove from flame and add Amaizo Oil without stirring. Set aside to cool until lukewarm. Add vanilla and salt and beat until creamy and the fudge will hold its shape. Pour into oiled pan to make squares one inch thick. When almost cold cut into squares.

Penuche

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| 2 cups light brown sugar | $\frac{1}{8}$ teaspoon salt |
| $\frac{3}{4}$ cup milk | 1 cup walnut meats |
| 2 tablespoons Amaizo Oil | 1 teaspoon vanilla extract |

Boil the sugar and milk until a small amount tested in cold water will make a soft ball (238° F.); add the Amaizo Oil, salt and chopped nuts, cool; add vanilla and beat until creamy; pour into oiled shallow pan and when almost cold cut into squares.

Salted Almonds

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|-----------------|------------------------------|
| 1 pound almonds | $\frac{3}{4}$ cup Amaizo Oil |
|-----------------|------------------------------|

Shell, blanch and dry almonds. Heat Amaizo Oil in large frying pan; add a few of the almonds at a time and fry until a delicate light brown, stirring constantly to keep from burning and to brown evenly. Remove; drain on unglazed paper and sprinkle with salt.

Peanuts can be done in the same way after shelling and removing skins.

Candied Pop Corn

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|-----------------------------|-------------------------|
| 2 tablespoons Amaizo Oil | $\frac{1}{2}$ cup water |
| 2 cups brown sugar | 2 quarts popped corn |
| $\frac{1}{2}$ teaspoon salt | |

Put Amaizo Oil into saucepan, and add sugar, salt and water. Bring to boiling-point and let boil sixteen minutes. Pour over corn and stir until every kernel is well coated with mixture.

*A few Comments by Women who have used **AMAIZO OIL***

"Have used Amaizo Oil just two months. I find it can't be beat where shortening is needed."

"Amaizo Oil is inexpensive and comes in sanitary cans which keep it indefinitely."

"One day while shopping at the grocery, a man handed me an Amaizo Cook Book and explained the uses of Amaizo Oil. I purchased a can and since then Amaizo Oil has made me amazingly happy as it leaves no odors or smoke in the rooms."

"After using Amaizo Oil in cooking and frying, I prefer it to butter, lard and other fats. Although being used over and over again it retains the original flavor and color."

"I know a trial convinced me that no housewife can really get along without it once she has used it. Amaizo Oil is well named for it certainly will amaze you when you make fluffy pie crusts, crullers, cakes, tempting salad dressings and 101 other everyday uses to which it can be put."

A-maizing **AMAIZO OIL**

Amaizo Oil is made by our own process, developed after many years of research and experiment, and we can unhesitatingly state that Amaizo is the world's finest vegetable oil.

You will notice in using Amaizo Oil for deep frying that constant repetition of its use for this purpose does not change the color or consistency, as is the case with many other oils.

Two of its many economical features are: first, in practically all recipes a lesser quantity of Amaizo Oil is necessary as compared with other shortenings; second, Amaizo Oil is a great time saver for it is ready for immediate use as it pours from the can. This latter feature eliminates the process of melting or creaming and makes it possible to bring Amaizo Oil to the required temperature for frying in a much shorter time than solid fats.

Amaizo Oil eliminates odors and smoke in the kitchen. It should be remembered that if smoke is detected the oil has been heated in excess of the temperature required.

AMAIZO CORN STARCH

is made from specially selected Indian corn. You will instantly recognize it to be superior to any corn starch you have ever used.

You will find Amaizo Corn Starch to be ideal for corn starch puddings . . . producing a light, smooth pudding, highly nutritious and extremely delicious.

Corn starch pudding is a perfect dessert for children, being nourishing and readily digested.

With Amaizo Corn Starch you can easily make delicious, smooth, cream layer cake fillings and delightful fillings for cream puffs, eclairs and other pastry.

A delightful pastry flour can be made by substituting one tablespoon of Amaizo Corn Starch for two tablespoons of ordinary bread flour in each cup of flour used. Sift well to thoroughly mix the corn starch and flour.

Many good cooks prefer this combination flour to plain bread flour for it makes extremely light, smooth, even-textured cakes and pastry.

A-maizing advantages
of
AMAIZO OIL

Does not smoke at the proper frying temperature.

Economical — can be used over and over again.

Does not discolor or get rancid.

Will not carry the flavor of one food to another.

Foods cooked with **AMAIZO** retain their natural flavor.

Will not curd in mayonnaise.

You use $\frac{1}{3}$ less **AMAIZO** than a solid shortening for the same result.

SUPERIOR CORN FOODS



Nutritious
Pure - Wholesome

AMAIZO BUTTERSCOTCH SYRUP

New



A new product—a new flavor—a new delight. Ideal for hot cakes, waffles, puddings, icings, sauces and as a bread spread. Absolutely pure, wholesome and nutritious.

Amaizo Butterscotch Sauce for Ice Creams and Puddings

- | | |
|---|--|
| $\frac{1}{2}$ cup AMAIZO BUTTERSCOTCH SYRUP | $\frac{1}{2}$ cup nutmeats |
| 2 eggs | $\frac{1}{2}$ pint maraschino cherries |
| | $\frac{1}{4}$ cup heavy cream |

Boil the syrup until thick—spins a thread. Pour slowly in the slightly beaten egg yolks, beating constantly. Stir in a few grains of salt and fold in stiffly beaten egg whites, and whipped cream. Chill and serve as a topping for ice creams, or puddings.

Fluffy Amaizo Butterscotch Sauce for Amaizo Fritters

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| $\frac{1}{4}$ cup prune juice | $\frac{1}{2}$ cup AMAIZO BUTTERSCOTCH SYRUP |
| $\frac{1}{4}$ cup orange juice | 2 egg whites |

Beat the egg whites stiff and put in the AMAIZO BUTTERSCOTCH SYRUP and fruit juices. Serve at once.

Amaizo Fritters

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|-----------------------------|-------------------------|
| $\frac{1}{4}$ cup flour | 1 egg |
| 1 cup AMAIZO CORN STARCH | 1 tablespoon AMAIZO OIL |
| 2 teaspoons baking powder | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ teaspoon salt | 1 cup prepared fruit |

Sift dry ingredients—Beat the egg yolk—mix with milk and AMAIZO OIL. Stir altogether. Fry in AMAIZO OIL heated to 350°. Cook until center is done. Drain in brown paper and serve with fruit sauce.

Amaizo Butterscotch Fudge

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|---|--------------------------------|
| $\frac{1}{2}$ cup AMAIZO BUTTERSCOTCH SYRUP | 2 cups sugar |
| 2 tablespoons AMAIZO OIL | 2 squares chocolate |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ cup chopped nuts |
| | 1 teaspoon vanilla |

Put AMAIZO BUTTERSCOTCH SYRUP, sugar and milk in saucepan, stir over heat until melted, then boil until the mixture forms a soft ball when dropped in cold water. Stir in AMAIZO OIL and chocolate. Allow to cool. Beat until creamy and add nuts and vanilla. Pour into pan, which has been oiled with AMAIZO OIL and when cold cut in squares.

Amaizo Waffles

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|--------------------------------------|-----------------|
| $1\frac{1}{2}$ cups flour | 1 teaspoon salt |
| $\frac{1}{2}$ cup AMAIZO CORN STARCH | 3 eggs |
| 4 teaspoons baking powder | 2 cups milk |
| 8 tablespoons AMAIZO OIL | |

Sift dry ingredients together. Then beat yolks of eggs, adding AMAIZO OIL and milk. Combine with dry ingredients. Beat whites of eggs stiff and fold in. Bake in hot waffle iron, well brushed with AMAIZO OIL. Serve with butter and AMAIZO BUTTERSCOTCH SYRUP.



*Additional Suggestions
and Advice on the use of*

A-maizing!

AMAIZO OIL

The AMAIZO WAY—the new and better way of baking. AMAIZO OIL is a liquid shortening which can be used in all cooking recipes calling for a solid fat. AMAIZO OIL, when used as a shortening, is economical, easy to handle, and assures perfect results.

WHEN using AMAIZO OIL as a shortening in place of lard, butter or substitutes for them, use less AMAIZO OIL—about three-quarters as much. It is 100% fat—therefore, it is richer and less should be used. It is important that a little more salt be used when shortening with AMAIZO OIL.

In using AMAIZO OIL in place of solid fats, the oil has a tendency to make the doughs much softer and the batters much thinner. This is as it should be, for the reason that all doughs shortened with a hard fat become thinner as soon as the heat of the oven melts it, thus softening the dough—but AMAIZO OIL being a liquid to start with, the consistency of the dough or batter remains the same when placed in the oven.

A better cake can be made if water is used instead of milk, as it will be more tender and stay moist longer. With AMAIZO OIL as the shortening,

in most cases the following method will produce the best results:

First: Sift the dry ingredients

Second: Mix the liquids by themselves

Then: Combine the two

The above method should only be deviated from in recipes calling for the use of a liquid shortening which definitely specify a different method for combining the ingredients.

Learn to Measure Ingredients accurately—Use standard cups, tablespoons and teaspoons, also a spatula with which to level off your dry ingredients. Learn to Gage your Heat accurately—Gage your time and temperature with great care. If you have no oven thermometer in connection with your stove, it would be well for you to secure one of good standard make, as it will pay for itself over and over again in the results accomplished.

Left-Overs made

a-maizingly!

Tempting

Amaizo Lamb Croquettes

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|-----------------------------------|--|
| 1 tablespoon finely chopped onion | 1 cup finely chopped lamb |
| 2 tablespoons AMAIZO OIL | $\frac{1}{2}$ cup boiled finely cubed potatoes |
| 3 tablespoons AMAIZO CORN-STARCH | $\frac{1}{2}$ teaspoon salt |
| 1 cup stock or milk | $\frac{1}{8}$ teaspoon pepper |
| | 1 tablespoon finely chopped parsley |

Fry the onion in AMAIZO OIL for 5 minutes, then remove. Add AMAIZO CORN STARCH and stock or milk to the AMAIZO OIL and cook 5 minutes. Add meat, potato, salt and pepper. Simmer until meat and potato have absorbed sauce. Add parsley and spread on shallow dish to cool. Shape, dip in crumbs, egg and crumbs again, and fry in deep hot AMAIZO OIL (385° F.), Drain. Serve with tomato sauce. Makes 8.

Amaizo Fried Celery

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|---------------------------------------|-----------------------------|
| Celery cut in 3-inch pieces | $\frac{1}{4}$ teaspoon salt |
| 1 cup flour | 1 egg |
| $\frac{1}{2}$ teaspoons baking powder | $\frac{3}{8}$ cup milk |
| | Salt and pepper |

Parboil celery until soft. Drain.

Mix and sift dry ingredients together. Add milk gradually, followed by the well beaten egg. Beat all until smooth. Sprinkle pieces of celery with salt and pepper and dip in batter. Fry in deep hot AMAIZO OIL (390° F) and drain on unglazed paper.

Amaizo Ham Timbales

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|--------------------------|-------------------------------|
| 1 cup stale bread crumbs | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup milk | $\frac{1}{8}$ teaspoon pepper |
| 2 tablespoons AMAIZO OIL | dash cayenne |
| 1 cup chopped cooked ham | 2 eggs |

Cook bread crumbs and milk to a smooth paste, add eggs beaten and cook for 2 minutes longer. Add AMAIZO OIL, ham, salt and pepper. Oil individual moulds and fill two-thirds full of mixture. Set in a pan of hot water and bake in a moderate oven (325° F.) until firm. Serve on a hot serving dish and garnish with chopped parsley.

Amaizo Cheese Potatoes

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|--|--|
| 3 cups cold potatoes, cubed | $\frac{1}{2}$ cup grated cheese |
| 2 tablespoons AMAIZO OIL | $\frac{1}{2}$ cups milk |
| $\frac{1}{2}$ tablespoons AMAIZO CORN-STARCH | $\frac{1}{2}$ teaspoon salt |
| | $\frac{1}{4}$ teaspoon paprika or pepper |

Mix AMAIZO OIL and CORNSTARCH together and add the milk, cook until thick, add grated cheese and continue to cook until melted. Add the potatoes and cook for about five minutes more and serve.
